

ENVIRONMENTAL RISKS

Short-term health risks

Ingestion of food or water contaminated with untreated sewage or runoff containing fecal pathogens

Long-term health risks

- Air contamination in industrial and urban areas
- Chemical contamination of food or water.

HAZARDOUS ANIMALS AND PLANTS

Venomous Snakes – Over a dozen venomous species, including asps, vipers, Montpellier snakes, Colubrid snakes, cat snakes, and desert cobras, with venoms ranging from mild to potentially lethal, are present countrywide. If bitten, seek urgent medical attention!

Prevention – Do not handle *any* snake.

Centipedes, Millipedes, Solifugids (Camel Spiders), Bees, Ants, Wasps, Blister/Bombardier/Rove Beetles, and Urticating Caterpillars – None with deadly venom but some with stinging hairs; others can inflict painful bites, stings, or secrete fluids that can blister skin. Seek medical attention if bitten or stung.

Prevention – Shake out boots/bedding/clothing prior to use; never walk barefoot; avoid sleeping on the ground.

Scorpions and Spiders – Scorpions that have potentially lethal venom can be encountered countrywide. Also present are tarantulas, black widow spiders, and yellow sac spiders that can deliver painful bites and recluse spiders whose bites can cause serious skin damage. Seek medical attention if bitten/stung.

Prevention – Shake out boots/bedding/clothing prior to use; never walk barefoot; avoid sleeping on the ground.

HAZARDOUS ANIMALS AND PLANTS (Continued)

Marine Animals – Venomous rays, stinging shellfish, and sea nettles/urchins are present in coastal waters. Seek medical attention if injured.

Prevention – Swim at approved beaches; do not handle.

Hazardous Plants – Thorny plants that can puncture skin, produce rashes, and/or cause infections are numerous countrywide. Burning some plants can cause skin rashes and lung damage. Some plants cause abnormal behavior/poisoning if chewed/eaten. Seek medical attention if injured or poisoned from plants.

Prevention – Do not touch, chew, eat, or burn unfamiliar plants; use clothing as a protective barrier for skin; wash contaminated skin/clothing after contact.

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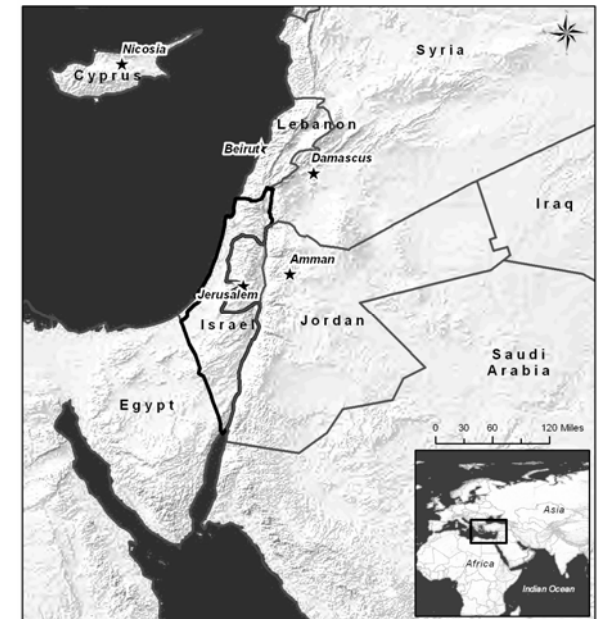
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DEPLOYMENT HEALTH GUIDE: ISRAEL



This country-specific guide should be used in conjunction with [GTA 08-05-062, U.S. Army Guide to Staying Healthy](#), and is intended to provide information that can help reduce your risk of Disease and Non-battle Injuries (DNBI) when deployed. This health threat and countermeasure information is based on the most current data available from U.S. Department of Defense medical agencies at the time of production. In addition to the information in this guide, you should also receive force health protection, health threat, and preventive medicine countermeasures training/briefings prior to and, as required, throughout the length of your deployment.

ISRAEL OVERVIEW

Location – Israel is located in the Middle East, bordering the Mediterranean Sea, between Egypt and Lebanon. Israel is slightly smaller than New Jersey.

Climate – Mediterranean, with long, hot, dry summers and short, cold, rainy winters (with the exception of the Negev Desert). Temperatures generally increase from north to south moving inland from the coast.

Rainfall – Average rainfall is 20 to 24 inches in the north and northeast. Rainfall generally occurs between November and March and decreases from north to south.

Terrain – The terrain consists of the Mediterranean coastal plain (approximately 137 miles long); the central highlands; the Great Rift Valley, which is a long fissure in the earth's crust and runs the length of the country; and the Negev Desert, located in southern Israel and accounting for almost half of Israel's land area.

Forces of Nature – Extreme heat and airborne dust or sand

RISK ASSESSMENT

Israel is at **INTERMEDIATE RISK*** for infectious diseases. Without force health protection measures, mission effectiveness will be adversely impacted.

*Based on a combination of all major infectious diseases that occur in a country, the Armed Forces Medical Intelligence Center (AFMIC) assigns an **overall country risk level** of low, intermediate, high, or very high risk, as compared to other countries.

INFECTIOUS DISEASES

Food-borne and Water-borne Diseases

Consuming contaminated food, water, or ice

Food-borne and Water-borne Diseases (Continued)

Diarrhea, bacterial – Possible attack rate of 11–50 percent per month if local food, water, or ice is consumed.

- Threat – year-round; variable; greatest risks outside of developed areas
- Symptoms – loose, watery or explosive bowel movements
- Recovery of 1–3 days with antibiotics

Hepatitis A – Less than 1 percent per month attack rate among unvaccinated personnel consuming local food, water, or ice

- Threat slightly elevated during the summer and fall; countrywide
- Symptoms – none to flu-like illness
- Severe, 1–4 weeks recovery, sometimes initially requiring hospitalization

Prevention – Consume only U.S. military-approved food, water, and ice; take **hepatitis A vaccine** if directed by medical authority

Vector-borne Diseases

Rare, small or unknown number of cases possible; as a group may represent a significant risk: **Boutonneuse fever** (spotted fever group rickettsiosis, tick-borne); **Crimean-Congo hemorrhagic fever** (tick-borne); **leishmaniasis** (cutaneous and visceral, sand fly-borne); **sandfly fever** (sand fly-borne); **Sindbis (Ockelbo) virus** (mosquito-borne); **West Nile fever** (mosquito-borne)

Prevention – **DEET** on exposed skin; **permethrin-treated uniforms**; **permethrin-treated bed nets**

Animal Contact Diseases

Rare cases of **Q fever** could occur; **rabies** risk is comparable to the U.S.

Prevention – Avoid all animals/barnyards; if scratched or bitten, seek medical attention

Animal Contact Diseases (Continued)

immediately; get pre- and/or post-rabies exposure vaccinations if prescribed by medical authority.

Respiratory Diseases

Tuberculosis – Breathing contaminated air droplets from other people (coughing/sneezing)

- Threat year-round; countrywide
- Highest threat from prolonged close contact with local populations
- Symptoms – none to cough, chest pain, breathlessness, night sweats
- Severe illness or death if not treated

Prevention – Avoid close contact with local populations; early detection/treatment reduces severity.

Sexually Transmitted Diseases

Gonorrhea/Chlamydia – Unprotected sexual contact with infected person; potential attack rate of 1 to 50 percent

- Threat year-round; countrywide
- Symptoms (in men) – none to burning sensation when urinating or discharge
- Symptoms (in women) – none to burning sensation when urinating or increased vaginal discharge
- Mild; outpatient treatment

Others: **HIV/AIDS**, **Hepatitis B**

Prevention – Abstinence; latex condoms; not sharing needles

Water Contact Diseases

Leptospirosis – Wading, swimming, other contact with water/mud contaminated with infected animal urine; rare cases could occur

- Threat year-round
- Symptoms – fever, chills, nausea
- Hospitalization of 1-7 days

Prevention: Do not swim/wade in unapproved water; wash skin and clothing after exposure to freshwater streams/ponds.